

The Partnership Convening
Friday, January 5, 2024
10:00 - 11:30 AM ET



Meeting Minutes

This convening continues the conversation from our last meeting with Cindy Pierce and the viewing of Screenagers Under the Influence on the implications of social media and internet pornography on healthy relationships and how we can support our young people as they navigate through their relationships and technology.

Attendees (28): Phil Rousseau (Gorham Middle High School), Tanya Dumont (Tobacco Prevention & Cessation Program), Melissa Lee (UNH Extension), Stephanie Wolff (Franklin Partners in Prevention), Kimbly L. Wade (NH DHHS Bureau of Drug and Alcohol Services), Kandyce Tucker (NH DHHS Bureau of Drug and Alcohol Services), Kacie Snyder (New Futures), Barbara Crouse (Merrimack Valley High School), Dan Andrus, Amy Michaels (Pinetree Institute), Monocle Gallant (CAST - Milford), Heather Morris, Joy Noel (North Country Health Consortium), Paul Sontag, Marissa Carlson (NH Teen Institute), Ashley Bachert (Makin It Happen), Kayshauna Montano, Kate MacDonald (South Central Public Health Network), Jordan Trombino (Safe Harbor Recovery Center), Charlene Scott, Tanya Dumont (NH DHHS)

CHI/JSI: Julie Yerkes, Nikki Chute, Audrey Foxx, Emma Kane, Christin D'Ovidio, Ryan Barry

Presenter(s):

- Julie Yerkes, Prevention Programs Manager at JSI and The Partnership
- Kristen Barnett, Training and Resources Specialist at the NH Coalition Against Domestic and Sexual Violence

Please [complete our meeting evaluation here](#). CEUs and attendance certificates are available for those who fill out the evaluation form.

1. **Welcome and Introductions** (Julie Yerkes)
2. **Discussion**

- Follow-up from November 3rd convening with [Cindy Peirce \(Author, Speaker, Storyteller, and Sexuality Educator\)](#) which focused on: the interconnection between social media, hookup culture (substance use and sex), and internet porn that fuels feeling of sexual and social irrelevance; how pressure and influences lead to unhealthy choices; and steps parents and other caring adults can take to engage with and educate young people around the topics of social media, substance use, and healthy relationships.
 - The Partnership's Podcast with Cindy Pierce: [Building Strong Futures: Proactive Conversations Help Young People Navigate Social Pressures](#)
 - This is being seen widely in middle and high schools, including New Hampshire. Contributing to the mental health crisis, impacting youth's decisions and feelings about wanting to attend school.
 - There is a social, emotional, and legal impact.
 - Partners are seeing that youth are not as uncomfortable talking about these issues as adults think.
 - Partners and parents know this is happening, they're talking to youth, but how can we get them to stop? What else can we do? It sinks in for youth when it's a personal experience or they see it happen to a friend or someone they know.
- Follow-up from November 9th [Screenagers Under the Influence](#) Film Screening
 - Parents who have attended showings are very pleased with the education and action items they can bring home from the screenings.
 - The Partnership's blog recapping Screenagers film screening and discussion: [The Digital Dilemma: A Reflection on Screenagers Under The Influence](#)
 - Very financially practical for school districts to purchase an annual license versus a coalition to purchase on their own showing.
 - Interested in bringing the Screenagers film screening to your community? Contact Julie Yerkes at julie_yerkes@jsi.com.
- What are you seeing? What are your concerns?
 - Respecting autonomy and privacy while knowing they need guidance. Navigating boundaries around social media and cell phones which causes a lot of emotional violence. What level of parental controls should be initiated?
 - Parents often feel they are alone (much like youth). Connection is really important.

- What strategies are working? What is needed?
 - Milford CAST collaborated with their community partners Bridges to have them conduct a 6-week workshop on healthy relationships as well as present on creative coping strategies for their team.
 - Cindy Pierce mentioned that it's important to be a mentor when it comes to cellular devices.
 - Monitoring devices can be really beneficial for youth, helping them make safe decisions.
 - Important for parents and organizations to connect with resources within their communities. Letting your child know that you are there for them.
 - Connection can help parents feel supported and also support the youth in their life.

3. Presentation from NH Coalition Against Domestic and Sexual Violence

- The [NHCADSV](#) is the umbrella organization that oversees the 12 crisis centers (also referred to as member programs) across the state of NH. They provide free, confidential, 24/7 support to anyone (including teens) affected by domestic violence, sexual violence, and stalking. NHCADSV is also a mandated reporter. Advocates are there to be a support person and a mentor. They are trained in substance use, mental health, and domestic and sexual violence. They work using the empowerment model, providing all the facts, information, and resources to let the person make their own decisions. They are a free and confidential resource for students as well.
- Member programs also provide prevention services in NH schools, providing workshops and conversations to prevent intimate partner violence. They talk with youth about the risk factors that can escalate intimate partner violence.
- NH YRBS data shows that the rates of physical and sexual dating violence is similar to national data. Data shows there is a lot of psychological and emotional abuse is seen happening in teen relationships. NHCADSV is working with schools and police departments about this issue and focusing on targeted interventions.
- Focused on consent in a way that promotes autonomy.
- Resources
 - January: [Stalking Awareness Month](#) and [Human Trafficking Prevention Month](#)
 - February: [Teen Dating Violence Awareness Month](#), including [Granite State Respect Week](#) (2/12 - 2/16)

4. Partner Updates

- [NH Teen Institute: Leaders in Prevention](#) happening for middle school students and advisors in February and March. There are one to two teen group spots still available - spread the word!
- [New Futures](#): Monitoring the first bill hearings of the new year. HB470 passed, related to fentanyl testing strips (access, distribution). This week there are bills SB392 related to lead remediation and SB505 related to the sale of delta-8 products.
- [Safe Harbor Recovery Center](#): Youth group for high school aged youth from 2-5pm in Portsmouth. Some budgeting for transportation if that's a barrier for any youth. Activities, food, and education. Questions? Contact jbrown@granitepathways.org.
- [Milford CAST](#): Youth Mental Health First Aid workshop on January 16, 2024 at ARCNH and a Parent Cafe on January 18, 2024 (flyers attached).
- [Peer Support for NH Youth with Substance Use Challenges](#)
- [Alternative Peer Groups](#)
- Prevention Certification Board Office Hours
 - The Board will be holding regular office hours on the first Friday of each month from 11:30am -12:30pm. The office hours will take place via Zoom and can be accessed using the link below. Come meet the Board and get your questions about Prevention Specialist certification answered!
 - <https://jsi.zoom.us/j/93824998464?pwd=Z1orMDdnZHZYWnhaNHVzNOowcHlhcz09>

5. Partnership Updates

- NEW Social Media Toolkit: [Dry January 2024](#)
- NEW Webpage: [Social Media and Youth Mental Health](#)
- NEW Podcast: [Exploring the Connection Between Prevention & Recovery](#) with Keith Howard
- [Stronger Than You Think Campaign](#)
- Watch our tutorial videos on [how to co-brand with The Partnership @drugfreeNH](#) and [how-to post our partner toolkits on your social media accounts](#)
- Check out our recent [blog posts](#) and [podcast episodes](#)
- Order free print materials
 - [The Partnership material order form](#)
 - [Tobacco prevention and cessation order form](#)
- Hosting an event? We can help you promote it! Let us know by [connecting with us on our website](#)
- [Sign up for The Partner's eblast](#)

